

*Prana Yoga Denville Presents*

# Prana Flow Yoga, Surfing and Thai Massage Escape

March 6-13, 2010

Simon Park, Daniel Shankin, and  
Special Guests!

Encanta La Vida Retreat Center  
MATALPO, THE OSA PENINSULA,  
COSTA RICA



The Beautiful Encanta La Vida resort stretches from the shores of Pan Dulce beach to a virgin jungle backdrop. Here we will practice our Yoga with the spirit of Kaivalya, or Absolute Freedom, a practice that complements living a Prana-full life. All of your needs will be elegantly taken care of so that all you need to do is enjoy.

Your Retreat Includes:

- Two Daily Yoga Classes
- 3 Fresh delicious meals with Veg Options
- Optional Surfing Lesson (addt cost)
- Thai Massage Workshops
- Amazing Nature & Wildlife
- Hiking Trails and Waterfall
- 3 beaches, beautiful swimming pool
- Breathtaking view from the yoga deck
- Hammocks Galore!



Cost is \$1295 before Feb 1st and \$1395 after. Includes 7 days/nights double occupancy, 3 meals daily  
To Register and to receive more information contact Nancy d@sitaramdas.com, or call 215-804-9642 or visit [www.sitaramdas.com](http://www.sitaramdas.com)